

### CLAIMS

I claim:

1. A method of supporting a head of a person in a generally upright position against a chair, said method comprising the steps of:

providing a panel having a first side and a second side, said panel comprising a flexible material, said panel having a first edge, a second edge, a third edge, and a fourth edge wherein said first and second edges are positioned opposite of each other, said third and fourth edges extending outward at a juncture of said third and fourth edges and said first and second edges such that four flaps are defined;

providing a fastening means for removably fastening said first side of one of said flaps on said third edge to said second side of the other of said flaps on said third edge, and providing a fastening means for removably fastening said first side of one of said flaps on said fourth edge to said second side of the other of said flaps on said fourth edge;

providing a securing means for removably securing said first side of said panel to the chair;

positioning said second side of said panel on the head such that said first edge is positioned generally adjacent to a base of the head;

fastening together said flaps together on said third edge and fastening together said flaps together on said fourth edge; and

securing said first side of said panel to said chair.

2. The method of supporting a head of a person in a generally upright position against a chair further including the step of, providing a pair of non-slip strips each attached to said second side of said panel, each of said strips being positioned adjacent to one of said first and second edges of said panel.

3. A method of supporting a head of a person in a generally upright position against a chair, said method comprising the steps of:

providing a panel having a first side and a second side, said panel comprising a flexible material, said panel having a first edge, a second edge, a third edge, and a fourth edge wherein said first and second edges are positioned opposite of each other, said third and fourth edges extending outward at a juncture of said third and fourth edges and said first and second edges such that four flaps are defined, each of said third and fourth edges being arcuate and extending away from each other, said panel comprising a cloth material;

providing a fastening means for removably fastening said first side of one of said flaps on said third edge to said second side of the other of said flaps on said third edge, and providing a fastening means for removably fastening said first side of one of said flaps on said fourth edge to

said second side of the other of said flaps on said fourth edge, said fastening means comprising a hook and loop fastening means;

providing a pair of non-slip strips each attached to said second side of said panel, each of said strips being positioned adjacent to one of said first and second edges of said panel, each of said non-slip strips comprising an elastomeric material;

providing a securing means for removably securing said first side of said panel to the chair, said securing means including a hook and loop securing means;

positioning said second side of said panel on the head such that said first edge is positioned generally adjacent to a base of the head;

fastening together said flaps together on said third edge and fastening together said flaps together on said fourth edge; and

securing said first side of said panel to said chair.

4. A head support device for supporting the head of a person in a generally upright position against a chair, said device comprising:

a panel having a first side and a second side, said panel comprising a flexible material, said panel having a first edge, a second edge, a third edge, and a fourth edge wherein said first and second edges are positioned opposite of each other, said third and fourth edges extending outward at a juncture of said third and fourth

edges and said first and second edges such that four flaps are defined;

a fastening means for removably fastening said first side of one of said flaps on said third edge to said second side of the other of said flaps on said third edge, and providing a fastening means for removably fastening said first side of one of said flaps on said fourth edge to said second side of the other of said flaps on said fourth edge; and

a securing means for removably securing said first side of said panel to the chair.

5. The head support device as in claim 4, wherein each of said third and fourth edges are arcuate and extend away from each other.

6. The head support device as in claim 4, wherein said fastening means comprises a hook and loop fastening means.

7. The head support device as in claim 4, further including a pair of non-slip strips each attached to said second side of said panel, each of said strips being positioned adjacent to one of said first and second edges of said panel.

8. The head support device as in claim 7, wherein each of said non-slip strips comprises an elastomeric material.